

ROTOVUE

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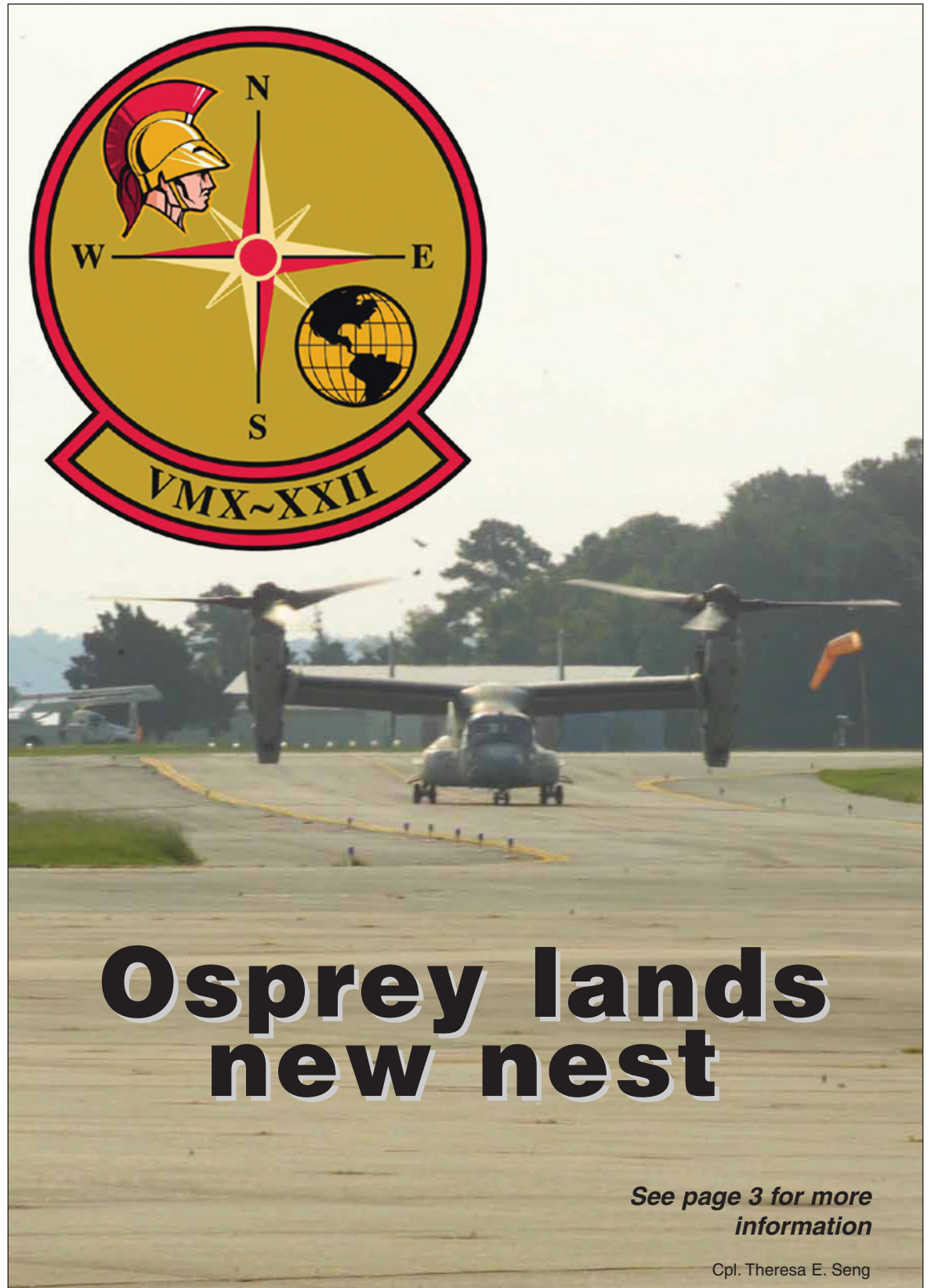
Squadrons switch sergeants major Pg. 3



MALS-26 shooter on the spot.....Pg. 10



Heroes enjoy party of the year.....Pg. 20



FLIGHTLINES

Charity Sale

The Infantry Training Battalion is in need of donated items to conduct a yard sale as a fundraiser for this year's Marine Corps Birthday Ball. The yard sale is scheduled for 8 a.m. on Sept. 6 at the parking lot of the New River Commissary.

People who wish to donate any items may call 449-0410 or 449-0370. Donations are being accepted up to the date of the event.

Crime Stoppers

The city of Jacksonville, Onslow County, MCAS New River and Marine Corps Base Camp Lejeune encourage everyone to help keep Marine Corps installations and Onslow County a safe place to live and prosper.

Citizens can help by reporting crimes anywhere in our community. The caller never has to reveal his or her name. They pay cash rewards up to \$1,000. However, information must lead to arrest and indictment. Reward is collected through code system.

Call the 24-hour hotline, 938-3273 whether you're on or off a military installation.

New Medical Screening Hours

As of Sept. 1, the new hours for medical screenings will be Monday and Wednesday from 1-2 p.m. and Friday from 11-noon.

Screenings are classified as isocyanite screenings, respirator physicals, driving physicals, reenlistment screenings, overseas screenings, MSG duty screenings and mess duty.

All members who require a screening will need to be present at the starting hour of the screenings. There will be 25 screenings done in each time slot and the screenings will be done on a first come first serve basis.

Operation Tribute to Freedom

Operation Tribute to Freedom and the NFL are partnering for "NFL Kickoff Live", set for 6 p.m. on Sept. 4 at the National Mall. The NFL and OTF are inviting you and your family to join them for this free season-opening kick-off concert.

"The NFL is very gracious to provide this opportunity to our servicemen and women around the world, what an exciting way for our military members to be able to see such great entertainment," said Col. Dan Wolfe, executive officer for Operation Tribute to Freedom.

All military and Department of Defense personnel who want to attend the concert should go to the Web site at <http://www.ima.army.mil>, click on the OTF icon to get information about the event, then click on the Register icon to sign up.

The first 5,000 uniformed men and women will have stage-front access at the show, which will feature a number of world-renowned entertainers including Aerosmith, Mary J. Blige, Britney Spears, Good Charlotte, and Aretha Franklin, who will sing the national anthem just prior to the start of the football game.

The concert will be immediately followed by the NFL's season opener between the Washington Redskins and New York Jets, which will be shown to the Mall audience

on large Jumbotrons.

Police Officers Wanted

Charlotte-Mecklenburg Police Department is looking for a few good men and women to become police officers.

Their starting salary is \$31,428 for high school or GED, \$33,001 for individuals with an associate's degree and \$34,651 with bachelor of arts or bachelor of science degree.

The hiring process will begin at New River with the Darany Entry Level Police Officers Examination. This is a four-part test consisting of 169 questions. The applicant will have 2 hours to complete the test. Those passing the test with a 70 percent or better will be mailed application to complete.

The test will be given Sept. 11 at 9 a.m. at the Transition Assistance Office at the Family Service Center.

For appointments call Gerry Malpass at 449-5255, and for more information call (704) 432-1615 or e-mail dharkey@cmpd.org.

All-Marine Athletes

Congratulations to the Station Marines who were selected to represent New River and the Marine Corps in the Armed Forces Tournaments:

All-Marine Softball Team
Gunnery Sgt. Tom M. Carlo
NAMTRAMAR Unit
Gunnery Sgt. Jeff S. Oakley
HMM-266
Sgt. Clint L. Hiller
HML/A-167

Sgt. Scott L. Sheppard
HMM-261
All-Marine Basketball Team
Staff Sgt. Deroy Flowers
HMH-772

Sgt. Robert L. Grimes
HMM-263
Cpl. Nathan C. Sales
MWSS-272
All-Marine Volleyball Team
Lance Cpl. Brian C. Alberti
MWSS-272

Kudos to New River Marines

Marines and Squadrons from MCAS New River garner two of the annual awards presented by the Marine Corps Aviation Association.

Gunnery Sgt. Davis Parulis, Marine Aviation Logistics Squadron-29 was selected as the Maintenance Marine of the Year, and Marine Medium Helicopter Squadron-261 received the Pete Ross Aviation Safety Award.

In addition to these honors, Sgt Azur Squillance, from Marine Heavy Helicopter Squadron-772 received the annual Sergeant Major Bertha L. Peters award for her sustained performance of duty while serving with a Fleet Marine Force Unit. She was deployed with HMM-263, attached to the 24th Marine Expeditionary Unit (SOC). This award is presented in conjunction with the annual Capital Marine awards program. Good Job Marines!

Items Needed

Looking for tax deductions? Non-profit organization seeks a serviceable crib, a changing table and a working refrigerator. These items are for a nursery being put together for volunteers.

Call 449-5396 and leave a message.



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Executive Officer
Lt. Col. Karl S. Elebash

Sergeant Major
Sgt. Maj. Lewis Summerville

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If you have any comments or suggestions you may also contact the public affairs office at (910) 449-6196 or fax (910) 449-6478.

'Blue Knights' brave skies during OIF, Marines receive Air Medal

Cpl. Andrew W. Miller
correspondent

Operation Iraqi Freedom took New River Marines deep into enemy territory, many for the first time. The "Blue Knights" of Marine Medium Helicopter Squadron-365 flew the first CH-46E Sea Knight helicopters ashore, and for their efforts in freeing the Iraqi people, some have begun receiving Air Medals.

On Aug. 15, 12 Marines (more to be awarded at later dates) from the squadron were awarded Air Medals for their participation in flights and the successful completion of combat missions over Iraq. These Marines contributed to the success of national objectives in the liberation of the people of Iraq.

"We were the first '46' squadron ashore and the first Marine Aircraft Group-29 squadron ashore representing the Station. Our Marines were immediately thrown into an unknown environment facing unknown threats," said Maj. Brett M. Bartholomaeus, HMM-365 executive officer. "Performing successfully under these conditions in a combat environment with no escort aircraft is the reason these Marines are being recognized."

For Cpl. Jesse E. Lewis, HMM-365 flight equipment technician who saw himself with very little flight time in Afghanistan, receiving this medal made him realize exactly what his crew did in Iraq, as well as understand what it takes to accomplish a mission of this magnitude.

"Knowing that the whole time I

was over there I was in harms way, yet there for a purpose to help liberate the Iraqi people, felt awesome. Especially seeing the smiles on their faces," he said.

For new Marine officers to the unit, it is humbling to receive the medals.

"In Iraq we pushed our '46s' to the limits, doing everything that the helicopters are capable of doing including night flying, reconnaissance missions, re-supplying ground units, evacuations and boat operations from USS Kearsarge," said 2nd Lt. Wyland F. Leadbetter, HMM-365 schedule writer. 2nd Lt. Steven C. Johnson, also an HMM-365 schedule writer, added that these medals represent the squadron as a whole.

"Everything from planning, to maintenance, to actually flying the missions and more was executed perfectly and should reflect how tight-knit this unit is. Although not everyone will be recognized with these medals, none of our accomplishments in Iraq could have been made without everyone doing their jobs right," he explained.

According to internet sources, the Air Medal was designed by Walker K. Hancock and was established and amended in 1942. It is awarded to U.S. and civilian personnel for heroic acts or meritorious achievements while flying in combat or support of operations. It is not awarded for peacetime activities. Requirements for this award are slightly less than those of the Distinguished Flying Cross, but still must be made with distinction above and beyond that which is expected.



Cpl. Andrew W. Miller

Twelve Marines from HMM-365 receive Air Medals, Aug. 15, for their outstanding combat performance during Operation Iraqi Freedom.

AT&T awards New River's billeting director



Sgt. Juan Vara

Kathy Welch, AT&T sales professional for New River, presents Jim Roddy, New River's billeting director, with a plaque in recognition of the professional support the Station billeting staff has provided to AT&T during the past six months. Colonel Stephen L. Forand, Station commanding officer, observed the presentation and thanked the billeting staff for their friendly personality and professional demeanor.

Not just 'messaging' around

Sgt. Christine C. Odom
correspondent

Whoever thought that food service specialists just cook should come over to the Station Dining Facility and see if they have what it takes to help win awards.

For weeks now, the men and women of the mess facility have been burning the midnight cooking oil to prepare for the Ney Hill Award. The Ney Hill is a food service competition that will be held late October to mid-November at the dining facility.

"We've stepped up our MOS [military occupational specialty] training as well as our Marine Corps training to prepare for the Ney Hill," said Master Sgt. Tyrone B. Hill, the Marine liaison to the dining facility. "The cooks have been taking more in-depth classes on sanitation and HACCP [hazard analysis critical control point], which is a system that tracks food from the moment it is received to the time it is issued."

A team of civilian and military inspectors will visit their facility and conduct an inspection of their financial records, sanitation reports, quality assurance reports and customer surveys. They will also examine the equipment, and the building and grounds.

According to John Negrón, Sodexo employee and manager at the dining facility, there are several beautification projects that have begun. They are working with the Marine Corps to bring in new equipment and a decor package, which will include furniture and curtains. There are also plans on bringing in contractors to redesign the mess decks to better accommodate the patrons.

While there are many changes still to take place at the facility, some things haven't changed, and that's the quality of the food and the steadfast dedication the dining facility personnel has to customer satisfaction, Negrón added.

Outlining household firearm regulations

Cpl. Wayne Campbell
correspondent

Marines are trained about the safe use and handling of firearms in boot camp and all throughout their career. However, some may not know the rules for storage and transportation of personal firearms on a military installation and the local area.

North Carolina General Statute 14-403 requires individuals desiring to purchase a handgun to obtain a permit through the individual county's sheriff office. To be eligible to receive a permit, the sheriff must complete a thorough background investigation and the individual must be determined to have good morals.

Marines wanting to bring a firearm on Station must register it with the physical security office at the Station's Provost Marshal's Office via their chain-of-command, according to Sgt. Kris Babel, Station military police officer.

According to G.S. 14-269, the state of North Carolina restricts the places where a firearm may be carried. The statute makes it a felony for any person to possess a firearm of any kind on school grounds or to a curricular or extracurricular activity sponsored by a school.

The statute also prohibits the possession of firearms at assemblies charging an admission fee, establishments serving alcohol, state buildings, any event occurring in a public place, and an area of emergency or riot.

Anyone who owns or possesses a firearm and knowingly stores it in a manner that it can be discharged by an unsupervised minor living in the same residence is guilty of a misdemeanor, according to G.S. 14-315.

Marines who reside in the barracks have a choice of leaving the firearm at a friend's house out in town or in the Station armory, according to Babel.

"The only downfall to keeping the weapon in the armory is they have to go through their chain-of-command to draw the weapon out," said Babel.

Under the general prohibition of carrying concealed weapons, individuals must be careful that their situation cannot be construed as concealing a weapon, stated by the North Carolina Department of Justice.

North Carolina law does not specifically address how to transport a weapon in a vehicle, according to the Department of Justice. A weapon can be considered concealed and readily accessible if it were placed in such areas of a vehicle as under the seat, in a bag in the back seat, in an unlocked glove compartment or in any other manner that is covered or hidden within the easy reach of an occupant of the vehicle.

"If an individual is transporting a weapon on Station it must be secured in a locked compartment with a cable lock attached," said Babel. "The ammunition must also be kept in a separate compartment of the vehicle."

The North Carolina Department of Justice states a weapon carried openly in an automobile would not be concealed but advises there may be other problems to this mode of transportation. The principal drawback is in the event of being stopped by a police officer, as the officer may not know the person's intent for carrying the weapon. It is also imperative to immediately notify an officer of the presence of any weapon in an automobile, for the officer's and the vehicle

occupant's safety.

As of December 1, 1995, certain residents of North Carolina may be eligible to obtain a permit, which would allow them to carry a concealed handgun under certain conditions, according to the North Carolina Department of Justice.

To obtain a concealed weapon's permit the individual must apply with the county sheriff's office in which he resides. The application must be submitted under oath on a form provided by the sheriff's office. A fee of \$80 must be paid and two sets of fingerprints must be taken with a cost up to \$10. The applicant must also provide an original certificate of completion of an approved handgun safety course. A release authorizing and requiring

disclosure of any record concerning the mental health or capacity of the applicant must also be provided, according to G.S. 14-41.

Concealed weapons' permits from other states are not recognized in North Carolina, according to the statute.

According to Babel, concealed weapons are prohibited on all military and federal installations and buildings.

The Marine Corps holds a high standard when it comes to firearm safety. Nevertheless, safety is not the only thing a Marine should be aware of when purchasing a gun because local laws change from city to city.

Ignorance of local laws will not be an excuse when a Marine is caught doing something wrong.



Cpl. Wayne Campbell

Nathan Talley, Camp Lejeune Exchange Annex employee, shows Pfc. DJ Reynolds, ammunition technician with 2nd Force Service Support Group, Camp Lejeune, a firearm available for purchase.

Storing Firearms and Ammunition

Unload gun

Make certain there are no bullets left in the chamber of the weapon.

Store ammunition

Ammunition should be stored out of the reach of children, preferably in a reinforced lockbox or a safe. Keep ammunition locked up. If it's a key lock, keep key on your person. Memorize combination if combination lock.

Store ammunition in a cool, dry place and get rid of it when it gets old. For tips on proper disposal of old ammunition, contact your local police department or Alcohol, Tobacco and Firearms office.

Lock unloaded gun

There are a number of locking devices on the market ranging from trigger locks to gun safes. Most experts agree that a gun safe is the most secure storage, especially if it is properly installed so that it cannot easily be moved from its location.

Explain to your children the rules about weapons in the home

Make it clear they are not to touch weapons or ammunition unless they have your express consent and your direct supervision each time they want to handle the weapon.

Take a firearm safety course on using, maintaining and storing guns safely.

Sharing pain can be therapeutic

Cpl. Theresa E. Seng
correspondent

With the return of many units to the Station from the Persian Gulf, many might have difficulty adjusting to changes that occurred.

The Personal Service Center aboard the Station is dedicated to helping Marines with the changes and stressors that may come with returning home to a different world.

Return and reunion briefs were given to all Marines who deployed in support of Operation Enduring Freedom and Operation Iraqi Freedom. Unfortunately, some Marines don't feel the stress of the traumatic incidents until much later. Most are well adapted to the harsh field and ship life, but find it hard to return to normal after long periods of being so hard-core.

"It's not that the shipboard briefs weren't enough, but we still have to let Marines know there are resources available to them," said Karen Slack, prevention and education coordinator for the PSC. "Marines and their family members have to realize things change. They may think they're prepared, but they're not."

Once the helicopters have landed and families are reunited with their loved ones, the PSC is there to give an abundance of briefs that foster ideas of how to cope with different situations, such as finances and stress, Slack emphasized. "Many of the briefs help identify potential problems, then we are able to get the Marine more in-depth help.

"I had one Marine, after a suicide brief, come up to me and tell me that some of the symptoms sounded like his roommate," she continued. "I told him the next step was to talk to someone about it."

The biggest thing the briefs teach is to take responsibility for yourself. If a Marine needs help, he has to ask for it, whether he goes to his command or to his family.

It has become apparent to Slack that female Marines are more apt to ask for help than the male Marines. In her briefs she stresses the importance of asking for help and tries to take away the attitude that "men can't ask for help."

Whether it's asking for help or realizing a potential problem, leaders have to be proactive in keeping an eye on their Marines. If the unit doesn't advertise help then Marines might not get it until it's too late.

According to ALMAR 032/03 one of the biggest problems now is Post Traumatic Stress Disorder, which is a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat. People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged. These symptoms can be severe and last long enough to significantly impair the person's daily life.

Fortunately, before PTSD develops, Acute Stress Disorder will surface approximately one month after trauma exposure. Some of the symptoms are a subjective sense of numbing or detachment, reduced awareness of one's surroundings, derealization, depersonalization and dissociative amnesia. If these symptoms last longer than four weeks PTSD could become a problem.

The majority of Marines who initially display distress will naturally adapt and recover normal functioning during the following months. Most Marines are not debilitated in the immediate impact phase, but they are nevertheless at risk for chronic mental

*See **PREVENTION**, page 9*

Growing problem in America

Cpl. Theresa E. Seng
correspondent

It's now the middle of the summer months and many people are outside, actively enjoying the long days, but apparently not enough.

Results of the National Health and Nutrition Examination Survey conducted in 1999 estimated that 61 percent of American adults are either overweight or obese. It is also estimated that 15 percent of children and adolescents are the same. Those numbers have risen in the past few years.

Sadly, overweight adolescents have a 70 percent chance of battling obesity as an adult. The chances increase to 80 percent if one or both parents have the same problem.

It is the Surgeon General's goal to reduce the problem in adults from 23 percent to 15 percent and in adolescence from 11 percent to five percent by 2010.

Overweight and obesity are associated with heart disease, the leading killer in the United States, certain types of cancer, type-two diabetes, stroke, arthritis, breathing problems and physiological disorders such as depression.

Approximately 300,000 deaths a year are attributed to obesity and a combination of medical costs and lost productivity attributable to obesity amounted to \$99 billion in 1995.

This "big" problem is a result of social, behavioral, cultural, environmental, physiological and genetic factors. In order to lead a healthier lifestyle, efforts to maintain a reasonable weight should start in childhood. If it's too late, not to worry, even a small decrease in calories and a small increase in physical activity can help prevent weight gain and facilitate weight loss.

Regular physical activity is very important to maintaining and losing weight, as well as combating many of the diseases associated with obesity. Unfortunately 40 percent of adults do not participate in any physical leisure-time activity and allow their children to do the same.

The most immediate problem of overweight children is social discrimination, which is associated with poor self-esteem and depression. Overweight children need support, acceptance and encouragement from their parents. Reassuring your child that you support and accept him even when others don't will boost his self-esteem.

Focusing on gradually changing your family's physical activity and eating habits will help. When children see their parents enjoying healthy foods and physical activity they are more likely to do the same.

The perfect example of changing your lifestyle is Lance Cpl. Mary D. Faulkner, Station chaplain's assistant, who was a part of the Remedial Physical Condition Program for a year. She said the program gave her the tools she needed to lose the weight.

The first six months were long and hard for Faulkner, but somewhere around November she decided to change a few things.

"I changed my eating habits, instead of eating three meals a day I ate smaller meals more frequently," she said. "I also exercised and ran twice a day every day. I had to exercise on my own in the afternoons, but because of the program I knew what to do."

Faulkner managed to lose 20 pounds in about three months, but that wasn't without some creativity. She said she had to change her regime when she would hit a plateau and stop losing weight.

Faulkner utilized the Station Fitness Center and the running path, but there are many more things to utilize.

The Station and surrounding areas have a plethora of activities the whole family can enjoy while soaking up the sun and even some culture.

Aboard the Station there are three community pools to enjoy, bike and walking trails as well as enough wooded area to go on "safari" hikes. The Semper Fit division of Marine Corps Community Services also offers youth sports. Who says parents can't get out and practice dribbling the soccer ball with their kids?

In Jacksonville and the surrounding areas there are zoos and farms that allow kids to run wild and learn about animals, even learn how to horse back ride. Some even offer seasonal specialties such as Easter egg hunts and Christmas light shows.

There are many skating rinks in the area, including the roller rink located at the Youth Center on Station, and paintball arenas. What better way to get some exercise and teach the kids about gun safety than by playing war games in a controlled environment?

Then there's Jacksonville's "City by the Sea," a 22 mile biking and walking trail beginning at the Jacksonville Mall and ending at Hammocks Beach State Park Ferry Terminal. Jacksonville also has the Mill Avenue Historic District where you can go on a walking tour of 18 historic homes.

Don't forget about all the Fun-Runs that are sponsored aboard the Station each year. Marines and family members of all ages walk, run, bike and roller blade their way to the finish for a good cause or community event.

Faulkner said she feels more confident, and losing the weight and being fit has made her daily tasks easier.

"It's also made being in the military easier," she said. "The pressure for me to lose weight is gone and I don't feel like people look down on me for being overweight anymore."

There is so much to do as a family that promotes the good health and well being of each member to combat the problems of

obesity and being overweight. Starting your children off young will be one of the best things to do for them. Spending time as a family will also boost self-esteem. And helping to meet the Surgeon General's goal will help America be that much greater.

Remember though, once the weight is lost it should be fairly easy to maintain it. Faulkner now exercises only three times a week to maintain her weight and better her physical fitness score, but she says she is still losing weight. If one Marine found the motivation after six long months, almost any one can.

Information for this article was gathered from the following Web sites
http://www.usmc-mccs.org/SemperFit/fithlth/HealthyPeople2010/html/uih/uih_4.htm#overandobese and
<http://www.cdc.gov/nccdphp/dnpa/obesity/recommendations.htm>

Making Marines better through counseling

Sgt. Christine C. Odom
correspondent

Since 1775 the Marine Corps has made millions of men and women into Marines, through intense physical training and tireless mental preparation.

While there is a strong emphasis on being in top physical shape, it doesn't compare to the emphasis placed on Marines to be mentally prepared to take on any task. A large part of the psychological preparation is done through counseling.

"Counseling is important because Marines want to know how they're doing; where they stand," said Sgt. Maj. Collin A. Cotterell, the top enlisted man at Marine Aircraft Group-26.

The three types of counseling are direct, which is led by the senior Marine; indirect, which is led by the junior Marine with recommendations from his senior; and collaborative, where both the junior and senior Marine provide input.

Counselings can be performed formally or informally. According to Cotterell, a formal counseling should be performed every 30 days on junior Marines, and the individuals who perform the counseling should focus on the Marines' on-the-job performance, off-duty education and personal life.

An informal counseling can take place at anytime for any reason. For example, if a Marine or Sailor is improperly wearing his uniform or civilian attire, he should be taken aside and given an on-the-spot counseling. In situations where a junior Marine is correcting a senior, respect should always be shown to the senior rank while addressing the issue, Cotterell explained.

"We are all Marines, and we should be looking out for one another. If there was something wrong with my uniform, I would expect someone to tell me, whether that someone is a private or a sergeant major," said Cotterell.

He also states, when Marines continue to uphold the policies and regulations set by the Marine Corps, they are doing their job as Marines and setting the example for others to follow. In addition, not only do they become better leaders, but they become mentors to their junior Marines.

"Mentorship and counseling go hand in hand because it's all about total leadership," Cotterell said.

The 15th Sergeant Major of the Marine Corps, Sgt. Maj. John L. Estrada, explained that junior Marines are very impressionable and need senior leaders they can look up to and emulate. Senior Marines

must set a positive example and show their Marines the correct way of doing things.

"How does mentorship tie in with counseling?" said Estrada. "When a senior sits down with his Marines and counsels them, not just because it's his monthly duty or because they messed up, but because he wants to be involved, then his role as a leader changes, and he becomes a father figure."

Leaders need to be approachable, and they have to treat their Marines and Sailors with dignity, respect and compassion because without it, their Marines will not come talk to them, Estrada added.

Sergeant Eli J. Geske, kennel master at the Provost Marshal's kennels, not only performs a monthly counseling on his Marines, but often takes some time during the regular workday to talk to his Marines about any issues or concerns they may be having on-duty or off-duty.

Geske said he believes showing interest in his Marines influences them to do the right thing and expects it will better mold them into the type of people the Marine Corps wants. He continues to convey this message to his Marines when he performs their counseling.

"The constructive criticism I receive after each counseling helps me set goals for myself, so I can become a better Marine," said Lance Cpl. Patrick J. Steffa, a Military Working Dog handler at the kennels. "My senior lets me know what I need to improve on and what I have already improved on."

There is one common goal Marines share: mission accomplishment. However, without troop welfare, the mission doesn't get done. Leaders should take time to get to know each of their Marines because it is vital in keeping the Marine Corps a force in readiness, Geske concluded.



Sgt. Christine C. Odom

As part of his duties, Sgt. Eli J. Geske (right), kennel master at the Provost Marshal's kennels, performs a monthly counseling on one of his Marines, Lance Cpl. Patrick J. Steffa, a Military Working Dog handler at the kennels.

PREVENTION

from page 5

health problems implicated by experiences during battle. Also, although ASD is an excellent predictor of chronic PTSD, it is not a necessary precondition for chronic impairment.

People who need intervention most are the ones that are isolated and have additional family or financial stressors and burdens. It is up to individual leadership within each unit to focus on their Marines and identify potential problems.

"An ounce of prevention can add up to a pound of cure," Slack said.

If there are Marines identified who need counseling, the PSC offers Critical Incident Stress Management for normal individuals who experience abnormal events.

"As always, talking about it with anyone speeds recovery and the healing process," she said. "No one can handle terrible things on their own. It only leads to bad things."

Information concerning Post Traumatic Stress Disorder was gathered from

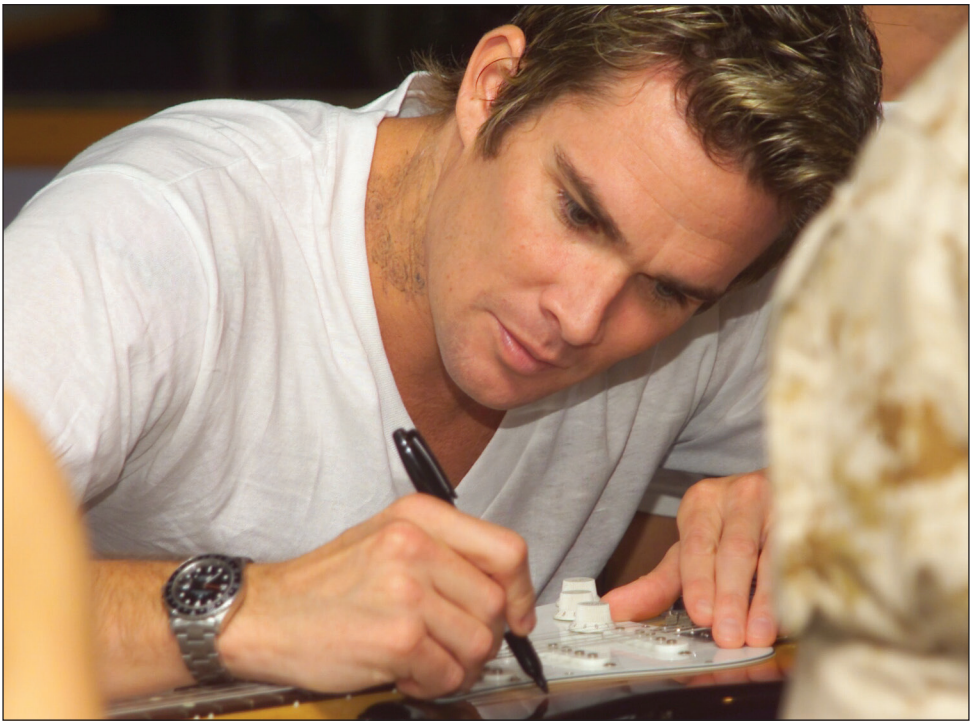
http://www.ncptsd.org/war/needs_assess_iraq.htm

'Wolverines' host country fair



Sgt. Christine C. Odom

Marine Aviation Logistics Squadron-29 promotes camaraderie and family appreciation at their 'Country Fair' family celebration held Aug. 16 at the Station Marina. There was plenty of fun, food and games for everyone.



Cpl. Wayne Campbell

Mark McGrath, lead singer of the rock band Sugar Ray, signs a guitar for a fan during the “meet and greet” at the Station Officers’ Club before the concert Thursday.

Sugar Ray, New Blood Revival rock New River

Cpl. Wayne Campbell
correspondent

The Station Marine Corps Community Services hosted a free concert for military, friends and family at the Station concert site Thursday. The opening band, New Blood Revival, warmed up the crowd of screaming fans for the rock band Sugar Ray. Before the concert, Sugar Ray held a meet and greet session where they autographed photos and posed for pictures at the Station Officers' Club. "I think it is great the Station is doing this for the Marines," said Lance Cpl. Tyler Anderson, Station weather observer. "It gives us a chance to relax and have fun without having to spend a lot of money going to a concert out in town." Colonel Stephen L. Forand, Station commanding officer, said he was looking forward to his first concert here since taking command of the Station. "I think it's great that we can bring in a big popular group like Sugar Ray onto New River a band you would normally have to go to Raleigh to see," said Forand. As the opening band came onto the stage, the crowd of approximately 3,500 fans screamed with enthusiasm. When the opening act wrapped up their session the crowd grew silent in anticipation for Sugar Ray. As the Orange County, Calif., natives took the stage, the crowd screamed and cheered with excitement.

During a pause in between songs, McGrath thanked the military and their families for the job they did around the world with a toast. "We can't thank the military enough for the wall of protection they provide us," said McGrath. "We also want to thank the families for the support they give to the military as they fight overseas." With McGrath leading the toast, the crowd drank to the servicemembers who are still deployed across the globe. The concert ended at approximately 10 p.m., two and a half hours after it began. "I had a great time," said Anderson. "The bands were great and everything seemed to be well organized so the fans can have fun. "I was at both the Three Doors Down concert and The Beach Boys concert," he added. "I had a good time at those concerts but this one surpasses them both." Mark McGrath, lead singer for Sugar Ray, said it is a fantastic opportunity to play for the Marines who ensure our protection from the evil forces of the world. "This is our way of showing our gratitude for the Marines who go out and fight for our freedom," said McGrath. "We are honored to be a part of entertaining the troops." Troop welfare is second only to mission accomplishment in the Marine Corps. With a major mission being accomplished overseas and most Marines back home, troop morale can be accomplished.



Sgt. Juan Vara

Matt Witte, lead singer for the band New Blood Revival, shows off his guitar skills while performing a song from their soon to be released album. The band is from New Jersey and it was the second time they opened for Sugar Ray.



Pfc. John E. Lawson Jr.

To promote their new song, “Mr. Bartender (It’s So Easy)”, the band placed a bar on stage with a bartender and some liquor bottles without any alcohol. The bartender drew in the crowd before the band’s performance and served sodas to the band throughout the concert.



Cpl. Wayne Campbell

Mark McGrath jams on the guitar while singing “Is She Really Going Out with Him?” off their new album “In the Pursuit of Leisure”.



Sgt. Juan Vara

Murphy Karges, bass player for Sugar Ray, gets up close and personal with the New River crowd during the concert Thursday.

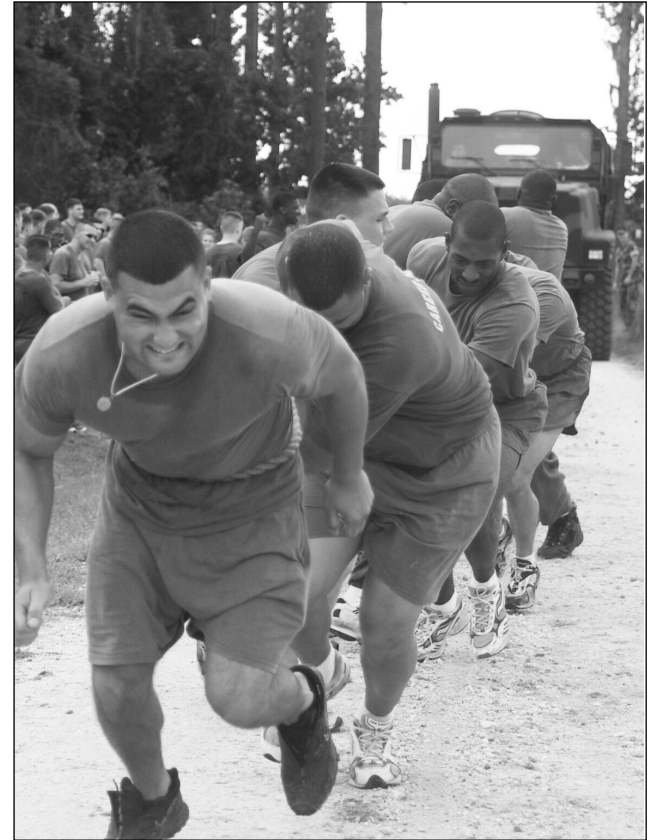
'Patriots' just want to have fun

(left) In an effort to promote camaraderie and raise funds for the Marine Aviation Logistics Squadron-26 Marine Corps Birthday Ball, their commanding officer, Lt. Col. Ludovic M. Baudoin d'Ajoux and other field grade officers, gave their Marines the opportunity to play barber, Aug. 14.

(right) It was David vs. Goliath as the 'Patriots' of MALS-26 took on a 7-ton truck while participating in the MALS-26 field meet held Aug. 12 at the Station Marina.



Sgt. Christine C. Odom



Sgt. Christine C. Odom

Awards & Promotions

**Marine Aviation Logistics
Squadron-29**

Promotions

Gunnery Sgt. K. C. Kennedy
Sgt. N. R. Barshick
Sgt. E. J. Brown
Sgt. T. J. Helman
Sgt. W. A. Hensley
Sgt. B. L. Hollister
Sgt. H. J. Kim
Sgt. Z. D. Reagan
Sgt. C. C. Thompson
Cpl. J. T. Boyce
Cpl. C. A. Dupont
Cpl. H. W. Ebel IV
Cpl. S. A. Jackson
Cpl. J. R. Jalloway

Cpl. J. M. Knotts
Cpl. D. J. Leblanc
Cpl. L. M. Moore
Cpl. J. Y. Sano
Cpl. D. R. Seale
Cpl. C. D. Tiihonen
Lance Cpl. J. J. Kowalsky
Lance Cpl. D. M. McGurrin

**Marine Medium Helicopter
Squadron-464**

Promotions

Sgt. J. M. Bourgeois
Cpl. T. R. Corley
Cpl. C. A. Harrison
Cpl. C. M. Patten

Lance Cpl. R. C. Drinkwater

**Marine Medium Helicopter
Squadron-266**

Promotions

Cpl. J. J. Aponte
Cpl. K. L. Harrelson
Cpl. A. Hernandez
Cpl. A. M. Maesaka
Cpl. A. Melcher
Cpl. S. D. Pinckney
Cpl. N. J. Saucedo
Cpl. G. A. Strickland
Cpl. J. J. Vaughn
Cpl. P. L. Walker
Cpl. M. P. Wendt

Cpl. N. R. Wilson
Lance Cpl. R. J. Chagnon
Lance Cpl. W. R. Harrigan
Lance Cpl. J. A. Pettie
Lance Cpl. J. E. Swalley
Lance Cpl. D. L. Sweetland
Pfc. J. G. Toscano

**Navy and Marine Corps
Achievement Medal**

Sgt. E. A. Tinney

Good Conduct Medal

Sgt. Maj. P. Malu
Gunnery Sgt. R. C. Rassmussen
Sgt. G. E. Sammur
Cpl. M. S. Ankerson

Cpl. J. J. Aponte
Cpl. T. W. Hurt
Cpl. J. O. Walsh
Lance Cpl. F. Granthon
Lance Cpl. B. D. Reed

**Headquarters and
Headquarters Squadron**

**Navy and Marine Corps
Achievement Medal**

Cpl. M. L. Messias

Good Conduct Medal

Staff Sgt. J. H. Wilson Jr.

MARINE CORPS LIFESTYLES

Barracks' life or bachelor pad?

Sgt. Juan Vara
correspondent

With the recent return of thousands of Marines and Sailors to New River, the occupancy rates of the barracks aboard Station have made a big jump.

The units' commanding officers are allowing personnel to submit requests for Basic Allowance for Housing (Own Right) in order to free up some of the rooms to accommodate newcomers and give sergeants who want to stay there a room of their own.

Not everyone is being allowed to

get more money to live off Station. Currently, commanders are giving this privilege to responsible individuals with a clean record and a bloodstripe on their dress blue trousers.

Are you tired of attending formations every Thursday, picking up cigarette butts when you don't even smoke, and picking up mounds of lint from the dryers when you haven't even done your laundry there? Then these are the steps to take to get your request approved.

The first thing to do is fill out a special request/authorization sheet. Ask your unit's administrative section

(commonly referred to as the S-1) for an electronic copy of this document if you haven't received one from your section staff noncommissioned officer. Add a printout of the barracks' occupancy rate report from the barracks' manager and a financial budget worksheet and route this request through your superiors.

Once the key personnel above you have signed it, take it to the S-1 and they'll route it through the 'big wigs' in the squadron, the Marine Aircraft Group (if applicable), the centralized billeting office, and the Station installations and logistics directorate (S-4).

The final decision is made by the officer-in-charge of the Station S-4 and it can take a few weeks to get a response. If your unit is deploying soon you can forget about asking for this.

The Navy-Marine Corps Relief Society offers help in preparing a financial budget worksheet. If you've never lived off Station before, it's highly recommended for you to stop by building AS-232 and let the NMCRS professionals help you get your financial situations worked out before signing a lease or a rental agreement on a housing property.

House Hunting 101: Finding a home in Onslow County

Sgt. Juan Vara
correspondent

If you and your family are moving to Jacksonville due to permanent change of station orders or you're already here and have recently been authorized to live out in town, here are a few guidelines to help you find a home in Onslow County.

The first thing to do is see a housing counselor at Camp Lejeune's Housing Referral Service on 43 Inchon St. aboard Tarawa Terrace II, off U.S. Highway 24 East, between Camp Johnson and Camp Lejeune.

Once there, you will specify what kind of property you're interested in, whether it is an apartment, duplex, townhouse or house.

Specifications such as number of bedrooms, price range and monthly payments are entered into a database that generates a list of properties available within the next 30 days. This database is updated daily and only features valid private landlords [Marines and Sailors who own homes for rent] and valid local real estate agencies. All properties in this database are located within a one-hour driving distance.

The printout contains the address of the property, information on who to contact, type of property, monthly rent, deposit, amount of bedrooms, if furnished or unfurnished, and details on amenities such as pools, fireplaces, ocean view, etc.

"Most orders require you to check-in with the Family Housing Division before making a rental agreement out in town," said Donna H. Velez, housing referral manager at Camp Lejeune's family housing office. "Many people don't find out about us until they

attend their Welcome Aboard Brief and it may already be too late."

You'll receive a housing referral packet loaded with information specifically put together to ease your move, containing a guidebook to the area's military installations, a Jacksonville/Onslow Quality of Life Guide, the latest issue of Jacksonville/New Bern's Apartment Finder and a Quality Map of Jacksonville and Onslow County.

In this packet you can also find several sheets with information on legal assistance offices, animal boarding accommodations, Child Development Centers, emergency and frequently requested numbers, and helpful hints for renters.

"A lot of military members make a rushed decision selecting a property," added Velez. "They don't have the time to inspect some of the properties and some need work or are not as cosmetically appealing."

According to Velez, realtors cannot make cosmetic improvements to a property without the homeowner's approval and funding.

"Ask the real estate agent if the carpet will be replaced or the house will be repainted," she said. "It has to be specified on the lease or those repairs will probably never be done. You have to remember you're generally renting in an 'as is' condition."

Homeowners, according to Velez, sometimes will only fix what current law requires them to fix. She encourages everyone to stop by the HRS and let the counselors help out.

"We offer counseling on utilities and other expenses as well," stated Velez. "We try to advise a prospect tenant to consider all of the things involved in renting,

all those little things add up."

All in all, Velez said it takes up to \$1,500 the first month of moving into a new place and suggested for tenants to apply for a waiver of electricity deposits from their local credit unions, as a way to save money.

Since 1997 the HRS has operated a program called Set-A-Side Housing. Local real estate agencies are in a formal agreement with the military housing divisions to allow military members to rent a property without payment of a security deposit.

The Family Housing Division decides who is eligible for this. Key factors here are the individuals' basic monthly pay, time left on current contract and basic allowance for housing. Those applying for Set-A-Side Housing are required to bring a current Leave and Earnings Statement and a copy of their orders if they haven't reported for duty.

"When a military member vacates a 'Set-A-Side' property we go and inspect it," stated Velez. "We point out things the owner must fix to meet Department of Defense minimum housing standards and we look at the cosmetic appeal of the property."

Providing free services to military personnel, their family members, Department of Defense civilian employees and military retirees, the HRS works on a "first come, first serve" basis, Monday through Friday from 8 a.m. to 4 p.m.

"Our busiest times are from 11 a.m. to 1:30 p.m., and then again at 3 p.m.," said Velez. "If you come in early we can take care of you faster."

For more information, call the Family Housing Division at 450-1627.